

10 Essential Genius Questions Every Person Should Ask

By Phil Johncock, Consultant

1. What body signals indicate I'm in my genius?

Ask yourself this question regularly. Get good at noticing body signals that you're in your genius. You know you're in your genius when you light up. This can often be seen by others in your eyes lighting up, skin tone healthier, smiles, laughing, giggling, etc. You beam, ear-to-ear. You laugh a lot. Watch others, too. What do they look like when they're in their unique genius?

2. What do I persist in doing that keeps me out of my genius?

If you're like most people, you spend a lot of time doing things that other people can do better or that you don't want to do. Perhaps you do things as well as or even better than others ... for which you get positive strokes, even good pay. But, you are ultimately unhappy and unfilled. Get good at asking yourself this question on a regular basis. "What do I persist in doing that keeps me out of my genius?" Make a list of these "non-genius" activities. You are well on your way towards reducing the time and energy you spend in non-genius activities.

3. What am I afraid would happen if I discovered and expressed my genius?

Your fears are often major stumbling blocks that you use to stop yourself from stepping fully into your magnificence. When your fears outweigh your excitement, you often give up. However, when your excitement outweighs your fears, you have rocket fuel for success. Loosen the debilitating grip that "not feeling your fear" has on you by welcoming your fears. Breathe with them. Befriend them. Share fears with others, and invite them to share their fears with you.

4. What are my unique abilities?

There is no one like you in the entire universe. You are indeed special and precious. You may not know this about yourself, but it's true. Businesses that focus on what sets them apart from the competition have a strong competitive advantage. What sets you apart from others? Ask others to tell you what they see as your unique abilities. Make a list of your unique qualities and abilities.

5. What could I do all day and night and not get tired?

If you do something and feel tired at the end of doing it, it's probably not your genius. If, on the other hand, you feel even more energized afterwards than you did before you started, you're probably on the right track. Time flies when you're in your genius! In the words of Joseph Campbell, "Follow your bliss." That is, do the things that most excite you and make you happiest. Do the activities that leave you glowing and ecstatic.

6. Of what I like to do, what generates the highest ratio of abundance and time spent?

Say you narrow down what you love to do to five key areas, like educating, producing, playing, writing, and playing music. Of these areas you love, which ones generate a high amount of abundance for the time and energy you put in? For example, playing music might be fun but doesn't generate as much abundance as say writing articles or teaching classes. Look back over the last 6 months and notice what you loved to do the most and which ones generated the highest amount of abundance for the time and energy you spent.

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7. What truths have I not spoken?

On a weekly basis, look back over your week. Were there truths that you did not speak? For example, you failed to express your anger when your boss changed his mind, or you lied about your reason for being late so that the other person wouldn't get angry and you wouldn't be inconvenienced by the other person's response if they knew the truth. Unspoken or withheld truths are poison to you, your relationships and discovering your genius. What's the remedy? Speak your truth and get yourself back into integrity with yourself, others and the universe. You'll be amazed at how much support there is to help you discover and express your genius when you communicate authentically.

8. What agreements have I broken or made that I didn't want to make?

Making and keeping impeccable agreements is another pillar of integrity. There is a lot of energy tied up around poor agreement-making and agreement-keeping. Notice the agreements that you have broken from the past. When you break an agreement, acknowledge that you broke an agreement and focus on a creative solution to bring you back into integrity. Doing so will free up a lot of creative energy tied up in incompletions and give you fuel to live in your Genius Zone.

9. How can I become a genius appreciator?

According to the dictionary, "appreciating" means "the act of becoming sensitively aware of a person or thing," "focusing on the positive aspects of something," and "the art of adding value." The act of appreciating results in an enhanced flow of good feeling in any relationship. It starts with a kind thought and a few simple words, spoken from the heart. Lead with appreciations, like "I appreciate you for _____ (your smile, welcoming me, etc.)," and your life will change. In fact, in the year after I committed to leading with appreciations in all my interactions, my two houses appreciated more than \$100,000 in value in seven months. Coincidence? Hmmm...

10. How can I make money doing something I never imagined I could get paid to do?

Most of us have things that we would love to be paid to do, but never imagined we could get paid for. Receiving massages, shopping, laughing. Believe it or not, people have gotten paid to do these and more. When I was 9 or 10 years old, my father bought me an electric guitar and himself a base guitar. One Sunday service at church, he and I acted like we were playing and singing while an Oak Ridge Boys song played in the background. After the service, Bertha, an elderly woman in her 80's and a bit hard of hearing, came up to the front by the stage. She handed me \$10 (a lot of money 37 years ago) and said, "I'd like to put this towards your career." I didn't have the heart to tell her that we weren't actually playing. I was so surprised to get paid for playing or rather for acting like I was playing.